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Reynolds & Son, Barre

Topics of the Home and Household.

If your eyes are on close work for many hours a day, make a practice of looking off at a distance every half-hour or hour. This will change the focus and rest the eyes.

People don't just "happen" to become great lawyers, or skillful engineers, or eminent chemists or grand opera stars, and they don't just "happen" to be financiers or great statesmen. They know what they want and they go after it. That's the only way you'll ever get anything. It's you yourself, what you desire, what you work for, that determines your position in life.

Work done when body and brain are below par has been shown to have certain peculiarities. Work accomplished in the small hours, after expenditure of the daytime vigor, frequently leads to indulgence in the artificial stimulation of strong coffee and tea. Any girl who reaches this stage surely knows that she is putting a severe strain on both vitality and good looks.

September.

Purple and gold are the colors September weaves for a crown. O'er meadows where windeth the river Slipping seaward down. By roadsides unshaded and dusty An cooling haunts of the brook. Or in aisles of the shadowy forest Where ferns have their favorite nook. O'er hillside lonely and barren, A wonder of beauty she weaveth. At the magical touch of her wand. We pluck of her gold and her purples. And yet she is never unworried; For close are the gems in her chaplet. And richly everywhere found.

Things That Count in Dress.

There was a time when it was far more difficult to look smartly dressed than it is to-day. That was the time when we wore separate belts, when we wore dress braid on our skirts, when we wore separate neckwear. We had to be careful that the braid on our skirts didn't become ripped, to hang in loops of untidiness. We had to see to it that the belt of our skirt didn't sag. We had to see to it that the leather belt we wore exactly coincided with the skirt belt. We had to see to it that the ribbon or muslin collar we wore exactly made connections with the blouse beneath it. Yes, those were, indeed, difficult days.

To-day neatness counts as much as ever but there are not so many pitfalls for the women who would be neat. Neatness of footgear counts more than ever before. The shoes must be spotless, well polished and in good repair. Heels that slant are an outrage in good dressing; moreover, they are decidedly unhealthful.

Contributed Recipes.

From Flora D. Morse of Waterbury come the following helpful hints and tried recipes:

Elderberry Pie—Seal one teaspoon of elderberries and drain off all the water. One cup granulated sugar, one egg, a lump of butter as big as a walnut, a little salt, one or two tablespoons of vinegar, according to strength. One would think they were eating blueberry pie. Don't forget the vinegar.

Chow-chow—Slice one peck of green tomatoes that begin to be a little ripe and six big onions and add three-fourths teaspoon of salt. Stir all together and let stand over night. Then stir well and drain off all the juice. Cover with vinegar and three cups of granulated sugar. Add one tablespoon whole cloves, one tablespoon cinnamon, one-half teaspoon mace. Boil one-half hour.

Fruit Cake—Two eggs, one-half cup granulated sugar, one-half cup N. O. molasses, one-half cup sour milk, one-half teaspoon soda, one-half teaspoon salt, one tablespoon water, one cup raisins.

REPORT ON CENTRAL ALASKA.

Corna-Nowitna Region Explored by United States Geological Survey.

In central Alaska south of the Yukon river there is a large area which prior to 1915 was practically unknown. In the summer of 1915 a small United States geological survey party in charge of H. M. Eakin made a rapid exploration from Tanana river at Corno to the head waters of Nowitna river and thence down the Nowitna to the Yukon. A preliminary statement of the important geologic and topographic observations made on that expedition has recently been published by the United States geological survey, department of the interior, as part of bulletin 642, entitled "Exploration in the Corna-Nowitna Region."

Much time has been spent by a few prospectors in a search for placer gold on Nowitna river, but so far as is known the occurrence of commercial placers in that region has not been demonstrated.

In much of the region prospecting is beset with considerable difficulty, owing to the great depths and breadth of the alluvial filling in the larger valleys. Although no lodes have yet been discovered the evidence available seems to suggest that the gold in the bedrock was probably introduced as a result of the igneous activities that produced the monzonites and granites, so that gold is known likely to be found near these intrusive masses. The map accompanying this report indicates the distribution of these intrusive rocks as well as of the other geologic formations.

Clay-Mining Industry Affected by European War.

According to the United States geological survey, department of the interior, the war in Europe has caused a shortage in high-grade fire clay formerly imported from Germany which has seriously affected the manufacture of crucibles and lead pencils in this country. Efforts have been successful, however, in locating a domestic supply of clays suitable for use in these industries in Arkansas, Illinois, Missouri, and Ohio.

Clay mining in 1915 was more prosperous, especially during the latter part of the year, than in 1914, the quantity of clay marketed being 2,362,934 short tons, valued at \$3,971,941, an increase of 133,094 tons in quantity and \$215,373 in value over 1914. Fire clay is the most important variety of clay, 1,570,481 tons being reported for 1915, valued at \$2,361,282, an increase of 161,014 tons and \$214,205 over 1914. There were 28,031 tons of domestic kaolin, the purest form of clay, marketed in 1915, valued at \$241,620, a small decrease from 1914.

The imports of clay decreased considerably in quantity and value and were the smallest in quantity since 1908 and the lowest in value since 1905.

Not a Kiss.

"I heard her behind the door pleading for just one. They must be engaged."

"Saw they were married. It was a dollar she was pleading for."

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With 32-p. Skin Book on request. Address post-card "Cuticura, Dept. 11, Boston." Sold throughout the world.

Will afford instant relief and quickly heal even when all else has failed. On retiring bathe the hands freely with Cuticura Soap and hot water. Dry, and rub Cuticura Ointment gently into the skin for a few minutes. Wipe off surplus ointment with soft tissue paper or leave it on and wear old gloves or soft bandage during night.

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WILSON OPENS CAMPAIGN

Defends His Railroad Policy
and Says Eight-Hour
Day Not Arbitrable

CAPITAL AND LABOR
CHIEF HOME CLOUD

Tells Business Men Nation
Must Be Freed from Inter-
ference with Its Commerce

Shadow Lawn, N. J., Sept. 25.—Pres. Wilson Saturday actively opened his campaign with a speech replying to Republican criticism of his settlement of the recently threatened railroad strike. With emphatic gestures before a large crowd gathered at Shadow Lawn, he defended the eight-hour day and declared also that the nation must be free from the possibility of interference with its commerce. Business men who gathered from different parts of New Jersey interrupted the president every few moments with hand-clapping and cheering.

"The chief cloud that is upon the domestic horizon is the unsatisfactory relations of capital and labor," the president said, adding that "so long as labor and capital stand antagonistic the interests of both are injured and the prosperity of America is held back from the triumph which are legitimately its own."

Mr. Wilson spoke of the bright future for American business and then launched into a discussion of the railroad situation. Without directly mentioning Charles E. Hughes, the Republican nominee, the president brought in the Republican party by saying that about 70 Republicans supported the eight-hour law in the House of Representatives and that Senate Republicans put no obstacle in the way of the passage of the measure.

"This was because the proposal was reasonable and was based upon right," asserted Mr. Wilson. The president met the arguments that the railroad question should have been arbitrated with the flat statement that he did not believe the eight-hour day an arbitrable question. Means of preventing a repetition of the threatened railroad strike were taken up in detail. The president said: "It will be intolerable if at any time any group of men by any process should be suffered to cut society off from the necessary supplies which sustain life."

After talking for 30 minutes about the railroad problem, the president discussed business generally. He said that business men in America have had their share of such measures as the federal reserve act and are now on their mettle.

Mr. Wilson spoke from the porch of Shadow Lawn. He was introduced by W. P. Runyon of Perth Amboy, who said that business men in all parts of the country were organizing to secure the president's re-election.

After his speech the president stood for 30 minutes on the porch and shook hands with everybody present. Mrs. Wilson stood by his side and near by were Atty. Gen. Gregory, Postmaster General Burleson, Col. E. M. House, Henry Morgenthau, former ambassador to Turkey, and Jacob Schiff.

Mr. Wilson Saturday began making arrangements for trips to the Middle West to speak before non-partisan organizations on public questions. He definitely accepted an invitation to speak in Omaha, Neb., on Oct. 5, and tentative plans were begun for him to visit Chicago. He had already decided to go to Indianapolis on Oct. 12.

Atty. Gen. Gregory discussed with the president the selection of United States district judges in Ohio, Louisiana and New Mexico. Walter H. Page, American ambassador to Great Britain, who went to Shadow Lawn Friday night to see the president, left Saturday afternoon.

GIVEN WILD WELCOME.

Indianapolis Ablaze as Candidate Hughes Arrives.

Indianapolis, Ind., Sept. 25.—Indianapolis put on a red and yellow dress of fire Saturday night to welcome Charles E. Hughes.

His special rolled into the station half an hour ahead of scheduled time, and the celebration upon which Republicans have spent days of preparation was on.

They met him with a bedlam of cheers, yells, factory whistles and automobile sirens. They lighted their fireworks and plastered a patch of flaming red on the Indiana sky.

They stood by the tens of thousands in the streets and cheered him along the way. Most of the time they could not see him through the smoke, but they knew he was there, with Charles W. Fairbanks, his running mate, in one of the first automobiles, and they shot up more rockets and burned more fire and made more smoke and cheered some more.

Scores of flag-bedecked automobiles swung into line behind the nominee's car for the parade through the city to Tomlinson hall. Behind the cars came thousands of torch-bearing marchers.

Republican leaders who staged the big demonstration said that the line extended for more than two miles. Long after the nominee had started to speak, the marchers were still weaving their way through the streets.

A Pretty Good Average.

The other people's business man persisted in trying to extract information from a prosperous looking elderly man next him in the Pullman smoker.

"How many people work in your office?" he asked.

"Oh," said the elderly man, getting up and throwing away his cigar, "I should say, at a rough guess, about two-thirds of them."

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Philosopher And King

By F. A. MITCHEL

There was once a boy who was born a prodigy. When he was twelve years old he could dispute with the most learned philosophers and when he was sixteen employed much of his leisure time in working out military problems as some persons in these days content with an imaginary enemy at chess.

He would set up imaginary enemies, only to attack and overwhelm them. Then he would set them up again and conquer them by another method of campaign.

This boy's name was Paulus, and he was destined to accomplish great feats. Indeed, from the time he was five years old he seemed imbued with this idea. During his youth his only intimate friend was a philosopher named Heraclitus, who was a sort of Diogenes, placing small value on anything mundane. Heraclitus told Paulus that even if he conquered the world it would avail him nothing. "Whatever goes up," he said, "must come down, and the higher it goes the greater the ruin when it falls."

But Paulus being young this pessimistic statement had little effect upon him. "I feel," he said, "an impulse to climb and climb. I will, and I shall accumulate power as I rise. The higher I climb the greater my power. I cannot escape death in the end, but I can establish myself so strongly that I shall die at the summit of my career."

When Paulus was twenty years old a war broke out between his countrymen and a neighboring kingdom. In this war Paulus so distinguished himself that he was made a general. All the other generals on his side were whipped, but Paulus by his genius made up for all their defeats and with his own army alone conquered a peace.

He was then transferred from the army to the king's cabinet, and soon by his recommendations gained so much credit that he was made prime minister. The king meanwhile was growing old and relied more and more on Paulus. Xanthus, the prince who would inherit the crown, was a weakling, and the king, realizing that after his own death Paulus would be the only man able to protect the country against its enemies, gave him the hand of his daughter in marriage that he might reign as king.

When the king died the people insisted on Paulus and his wife assuming the reins of government, and Paulus yielded. He became king, and, since the presence of the legal heir to the throne was not desirable, he was banished.

Paulus then began a career of conquest, by which he subdued many neighboring kingdoms. When they were all brought under subjection he called his old friend Heraclitus to him and said:

"Behold my power. I am now an emperor instead of a king. I have accomplished all I set out to accomplish. It now remains to be seen whether I shall retain what I have or lose it."

"The stone that is thrown in the air must come down," replied the philosopher. "In your youth you were strong. You have passed the building up of your powers, and from this point you will begin a process of decay."

"I have provided against that," replied Paulus. "I am so strongly entrenched that my enemies cannot prevail against me."

For several years all went well, and Paulus again sent for the philosopher and said to him:

"Am I not as powerful as ever?"

"No," replied Heraclitus. "You are in the position of the stone when it has finished its ascent and before it begins to fall."

"What will be the cause of my fall?" "Nothing in nature stands still. If we are not advancing we are retrograding."

The king dismissed his old friend with sorrow, for he felt that vigor had gone out of him. If called upon to defend his empire from enemies he could not do what he had done in building it up.

Meanwhile Xanthus, the son of Xanthus, had been growing to manhood in exile and in the knowledge that his father was king and he heir presumptive to the throne. His father's death was the signal for him to begin secretly to dissuade the people that King Paulus had brought under his sway. The prince had the advantage of legitimacy, and he not only pleaded this, but

promised the conquered that if they would make him emperor he would give them their freedom.

Here was an opportunity that had not been given them before. The conquered peoples formed a league to dethrone Paulus and put Xanthus on the throne. When all was ready the bolt was shot. Paulus, now an old man, put himself at the head of his armies, and, finding his joints stiff, was not only unable to lead, but to keep pace with his subordinate commander. He was beaten in one battle after another and at last obliged to flee in order to save his life. Being hunted, he sought safety in an island where there were no human beings except himself. His only companions were the beasts.

One person only visited him there, his old friend the philosopher.

"Do you come to triumph over me in that your prophecies have come true?" asked the exile.

"No; I come because you are the same to me as you have always been. A stone going up in the air, resting at the summit of its arc, falling or on the ground is still a stone."

Genesis of the Playhouse.

Theatres in 536 B. C. acted his plays in a wagon. In 490 B. C., during the time of Aeschylus, creator of drama, the performances took place upon temporary wooden scaffolds, one of which, having collapsed during a representation, the Athenians were induced to build the great theater of Dionysius, calling it the Lenalou, which was the first permanent stone structure of its kind. It required 160 years to erect it. There was no scenery, but the scene was decorated so as to represent the locality in which the action was going on. Roofless was his structure, but around the building were porticoes, in which the people retreated during rainstorms. Sometimes awnings were used to ward off the sun's heat.

Card Playing.

Card playing began in India in the ninth century. It was introduced into Europe by orientals some time prior to the thirteenth century. Saracens popularized the amusement in Spain and Italy. The taste for the game afterward spread to Germany, where it commenced to be indulged in about 1275. Its appearance in France was mentioned in the records of that country in 1393. Heraldic cards were first known in England in 1660.

Withering.

Enoch Eastman, an old time Iowa lawyer, on one occasion appeared before a young judge and to enforce a point he desired to make brought with him and attempted to read Blackstone to the court, whereupon the young judge, after moving uneasily about in his seat for awhile, said, "Mr. Eastman, I've read Blackstone."

"Oh, he's right," responded Enoch, looking at the judge over the top of his spectacles with an air of surprise.

—Case and Comment.

A Snake's "Leap."

A naturalist denies that it is true that a snake ever "leaps" at its foe or prey. Except the cobra, no snake can raise more than a third of its length from the ground, though there are instances in which rattlesnakes, probably unconsciously, have gained an extra leverage from a wall of rock immediately behind them and so struck farther than the ordinary range.—London Spectator.

GET THIS DIET BOOK

Food is as important to the sick person as medicine, more so in most cases. A badly chosen diet may retard recovery.

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